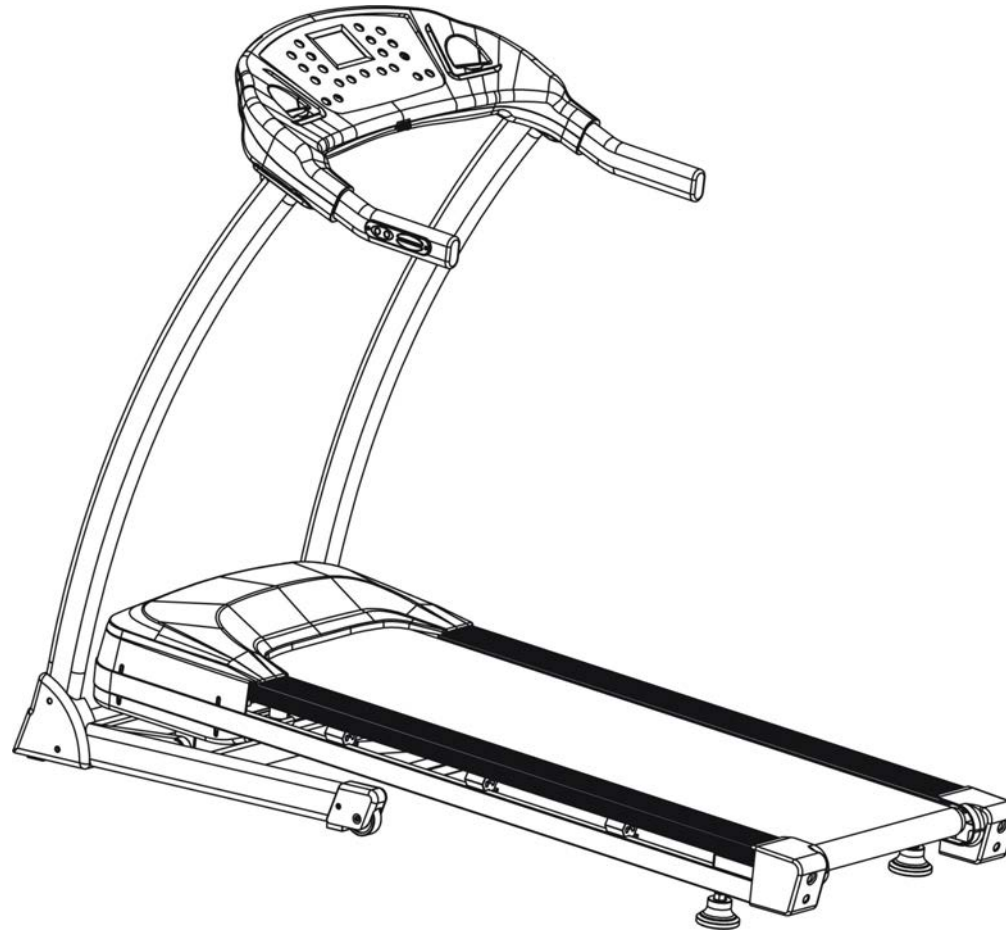


BODYWORX



Motorised Treadmill

Model No: J4715



Retain this owner's manual for future reference
Read and follow all instructions in this owner's manual

Version A

TABLE OF CONTENTS

*SAFETY PRECAUTIONS	-----	1 - 2
*BEFORE BEGINNING	-----	3 - 4
*FEATURES	-----	5
*EXERCISE GUIDELINES	-----	6 - 7
*WARM-UP & COOL-DOWN	-----	8 - 9
*ASSEMBLY PART LIST	-----	10
*HARDWARE PACK	-----	11
*ASSEMBLY STEPS	-----	12 - 15
*FOLDING, UNFOLDING & MOVING INSTRUCTION	-----	16
*MAINTENANCE	-----	17 – 19
*COMPUTER INSTRUCTION	-----	20
*GENERAL OPERATION	-----	21 – 23
*EXPLODED DRAWING	-----	24
*PARTS LIST	-----	25
*CIRCUIT DIAGRAM	-----	26
*TROUBLE SHOOTING GUIDE	-----	27

▪ SAFETY PRECAUTIONS

Thank you for purchasing our products. Even though we have gone to great efforts to ensure the quality of each product, occasional errors, and/or omissions do occur. In any event should you find this product to be defective or missing a part, please contact the shop of purchase?

Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Before beginning any exercise program consult your physician.
- Keep children and pets away from this equipment at all times, this is not a toy.
- Only one person at a time should use this equipment. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced whilst using this treadmill, stop the workout at once and consult a physician immediately.
- The treadmill should not be used by persons weighing more than **110 kg**. Never allow more than one person at a time on the treadmill.
- Inspect your treadmill prior to exercise to ensure that all nuts and bolts are fully tightened.
- Keep hands and feet away from all moving parts.
- Always use this treadmill on a clear and level surface. Do not use it outdoors or near water.
- Do not insert any object into any openings.
- Before using this equipment to exercise, always do stretching exercises to properly warm up by slowly walking for 5 minutes on the treadmill.
- Always wear proper clothing with walking or jogging shoes when exercising. Do not wear loose fitting clothing that may get caught in the equipment.
- Turn off the power after usage.
- Pregnant women should consult with their physician before beginning an exercise program.
- Drink hydrating fluids (water) before, during and after any exercise.
- This treadmill is designed for home use only. Do not use for light institutional or commercial applications.
- Assemble and operate the treadmill on a flat, solid surface.
- Please make sure that there must be a safety area of 2000 mm × 1000 mm behind the treadmill while exercising.
- Before using this treadmill please lubricate the running belt first. In prolonging the life of this treadmill, ensure that lubrication is checked regularly between schedules.
- The high level of security of equipment can only be kept, if regularly checked for damages and abrasion. Please pay special attention to the rear roller cover, Antiskid pad, handlebars, side rail and running belt. Please read this manual carefully and observe the instructions.
- Damage parts need to be replaced instantly and please only exercise again once properly repaired.
- Please make sure during set-up, there is enough space available around the treadmill.
- Please pay attention that levers or other adjusting mechanisms do not interfere with the moving area during exercise.

- Any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Turn the switch off and unplug the power cord when the treadmill is not in use.
- Incorrect and excessive exercise can harm your health.

Before starting any exercise program consults your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Please read all instructions carefully.

The treadmill is tested according to EN 957-1/-6, class HB for home-use with a maximum user weight of **110 kg** and is not suitable for therapeutical use. This item may only be used in the way described in this manual.

Maximum overall dimension: 1830mm x 840mm x 1230mm

Maximum noise level around the treadmill is **65** dB(A)

The weight of the treadmill is approximately **60** kg.

Attention: We recommend that the treadmill be assembled by the store, its service agent or similarly qualified persons.

This treadmill is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities; or lack of experience and knowledge. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

▪ BEFORE BEGINNING

Clean your area:

1. Remove the treadmill from the box and place on a flat surface. It is recommended that you place a protective covering underneath the treadmill.
2. Place in an area that will meet minimum clearance requirements.
Front & Side: 1ft /30cm
Back: 6ft /180cm
3. Whenever moving or setting up the treadmill, the deck must be in the upright position with the deck safety lock securely engaged.
4. To place the **TREADMILL** in the operating position, release the deck safety lock then lower the deck with the end caps until it rests completely on the ground.
5. Make sure safety cord is engaged otherwise unit will not operate.
6. Plug unit into outlet following the grounding guidelines below.

Grounding:

This unit must be properly grounded to ensure safe operation. Should this equipment fail to perform properly, grounding reduces the chance of electrical shock. The unit must be plugged into a suitable AC grounded outlet that is correctly installed and grounded in conformance with local codes and ordinances.

Gather your tool:

Make sure all the necessary tools gathered before the installation. Having the right tools at hand will save time and make less assembly mistakes.

Helpful Tips

- Straddle the running belt and allow it to start moving at a safe speed before stepping on.
- Hold the handlebar while adjusting the controls.
- Focus your eyesight ahead to help maintain your balance.
- Wear comfortable, good-quality walking or running shoes.
- Warm-up and cool-down before and after your workout period.

IMPORTANT TREADMILL WARNINGS AND CAUTIONS

In order to reduce the risk of fire, electric shock, burns or injury, please read and understand the following precautions before operating.

DANGER: To reduce the risk of electric shock, always unplug this appliance from the electrical outlet immediately after use and before cleaning.

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, an appliance should NEVER be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts. Do not operate under blankets or pillows. Excessive heating can occur and cause fire, electric shock or injury to persons.

CAUTION:

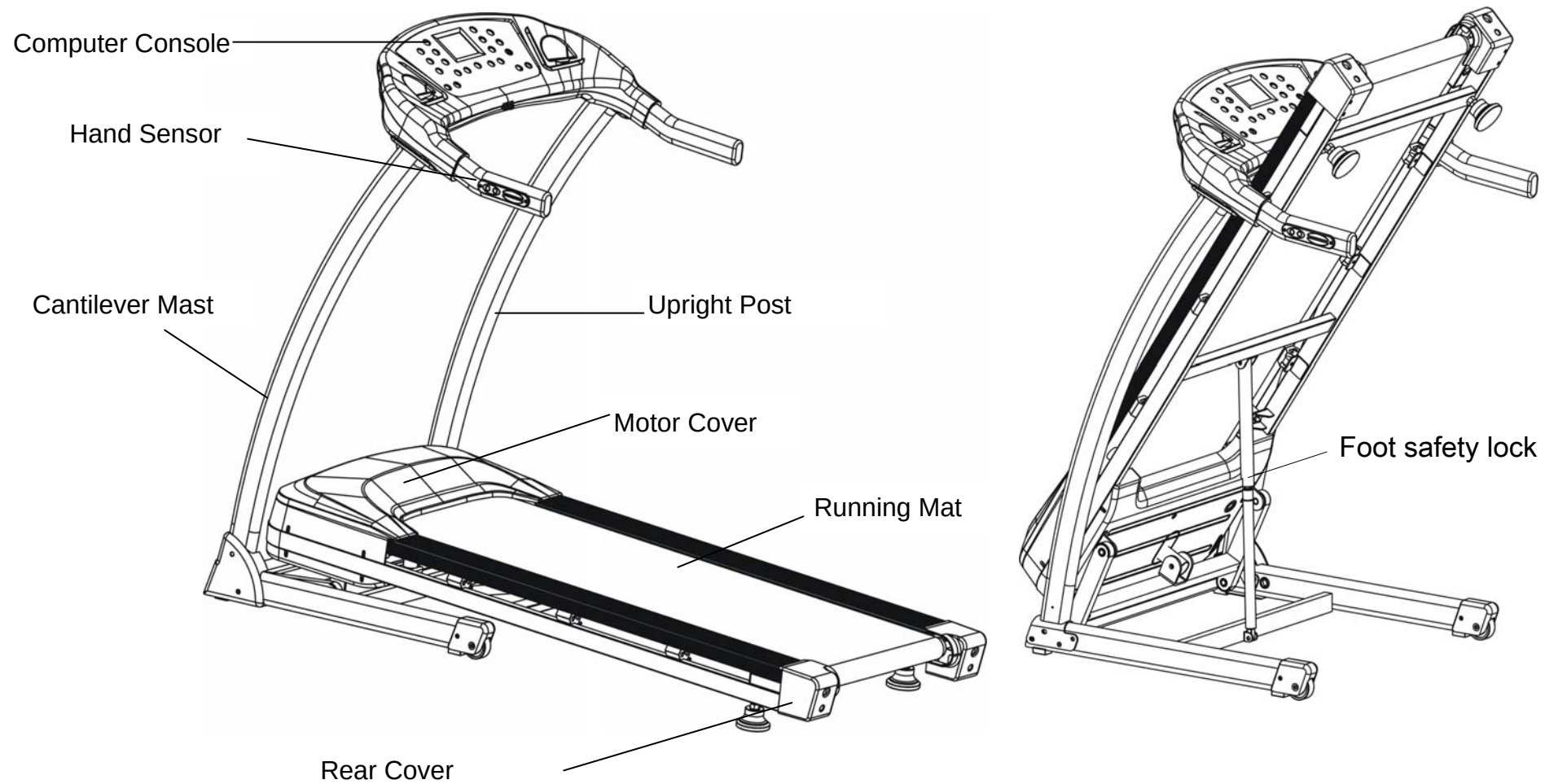
Before operating the treadmill you have to pull out the slip safety key in the direction of the arrows (the treadmill will enter into a protection if you switch on the treadmill without pulling out the safety key).

The safety key stops the treadmill at any point in your workout.

In case of emergency, seize the handlebar and lift your body, then stand on the ground.

Safety key





▪ EXERCISE GUIDELINES

Any one over the age of 35, as well as younger people who are overweight, should check with their physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have led a sedentary lifestyle should protect themselves with a medical check up and a stress test, preferably administered by a healthcare professional.

Medical research has shown us that there is an amount of exercise which is enough to condition the cardio respiratory system and the muscles of the body. The amount of exercise is between 60% and 75% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury.

If at anytime during exercise you experience dizziness or chest pain stop immediately and seek medical advice.

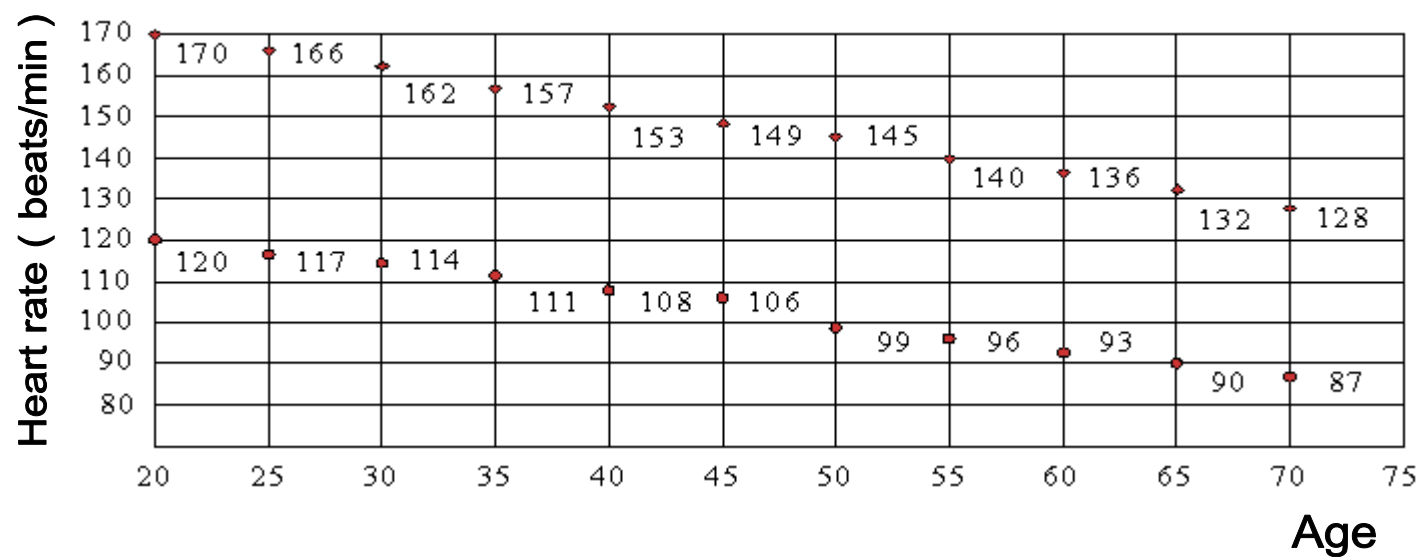
TARGET HEART RATE ZONE

$220 - \text{your age} = \text{Estimated maximum heart rate}$

Do not workout at your maximum heart rate. The recommended heart rate zone is between 60% and 75% of your maximum heart rate.



EXERCISE IN YOUR TARGET HEART RATE ZONE



BEGINNER TREADMILL PROGRAM

	Exertion level	Duration		Exertion level	Duration
WEEK 1	Easy	6 ~ 12 minutes	WEEK 5	Moderate	22 ~ 28 minutes
WEEK 2	Easy	10 ~ 16 minutes	WEEK 6	Slightly higher or slightly lower	20 minutes
WEEK 3	Moderate	14 ~ 20 minutes	WEEK 7	Add interval training	3 minutes at moderate exertion with 3 minutes at higher exertion for 24 minutes
WEEK 4	Moderate	18 ~ 24 minutes			

▪ WARM-UP & COOL-DOWN

A successful exercise program consists of a warm up, aerobic exercise and a cool down. Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles. At the end of your workout, repeat these exercises to reduce soreness and cramping problems from your muscles. We suggest the following warm-up and cool-down exercises:

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head to the left for one count. Rotate your head back for one count. Stretching your chin to the ceiling and letting your mouth open. And finally, drop your head to your chest for one count.



SHOULDER LIFTS

Lift your left shoulder up towards your ear for one count. Then lift your right shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Stretch your right arm as far upward towards the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible.

Hold for 15 counts and repeat with left foot up.



INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward.

Pull your feet as close into your groin as possible.

Gently push your knees toward the floor. Hold for 15 counts.



INNER THIGH STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax.

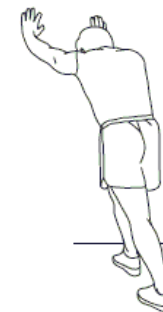
Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.



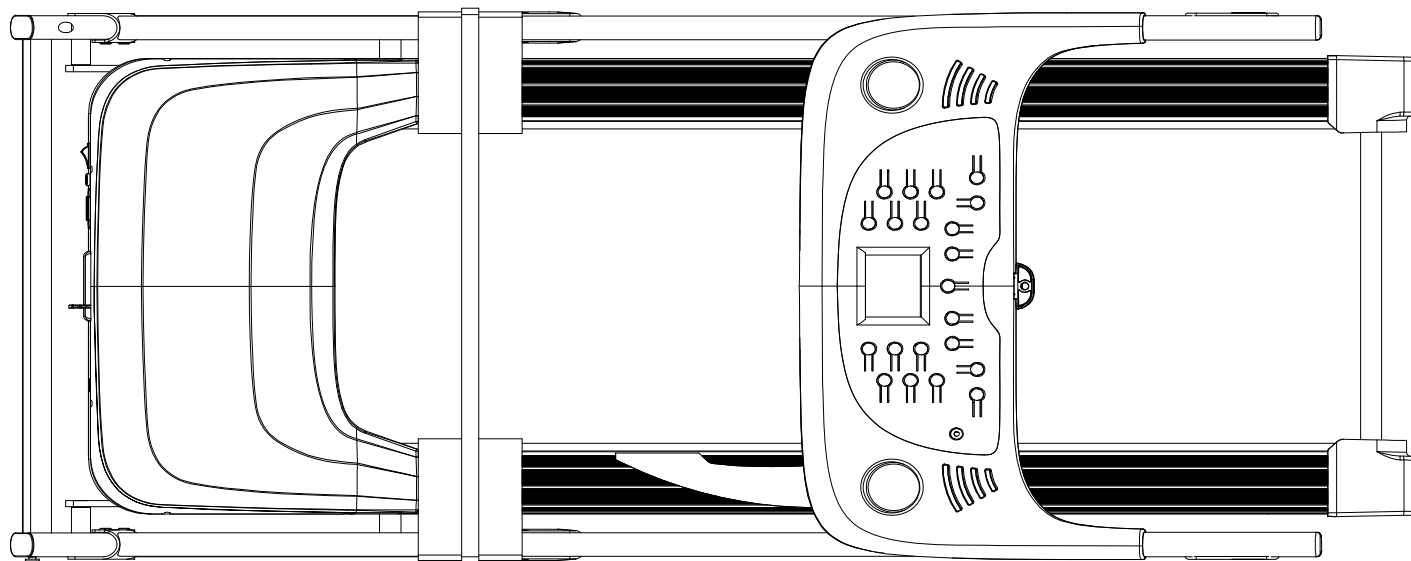
CALF STRETCHES

Lean against a wall with your left leg in front of the right and your arms forward.

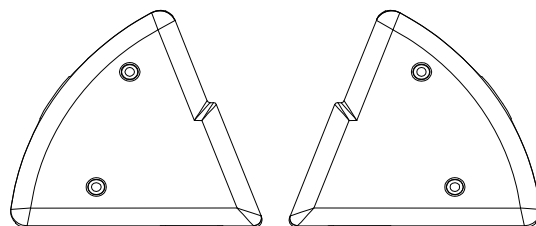
Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 seconds.



▪ ASSEMBLY PART LIST



User manual
and Power cord

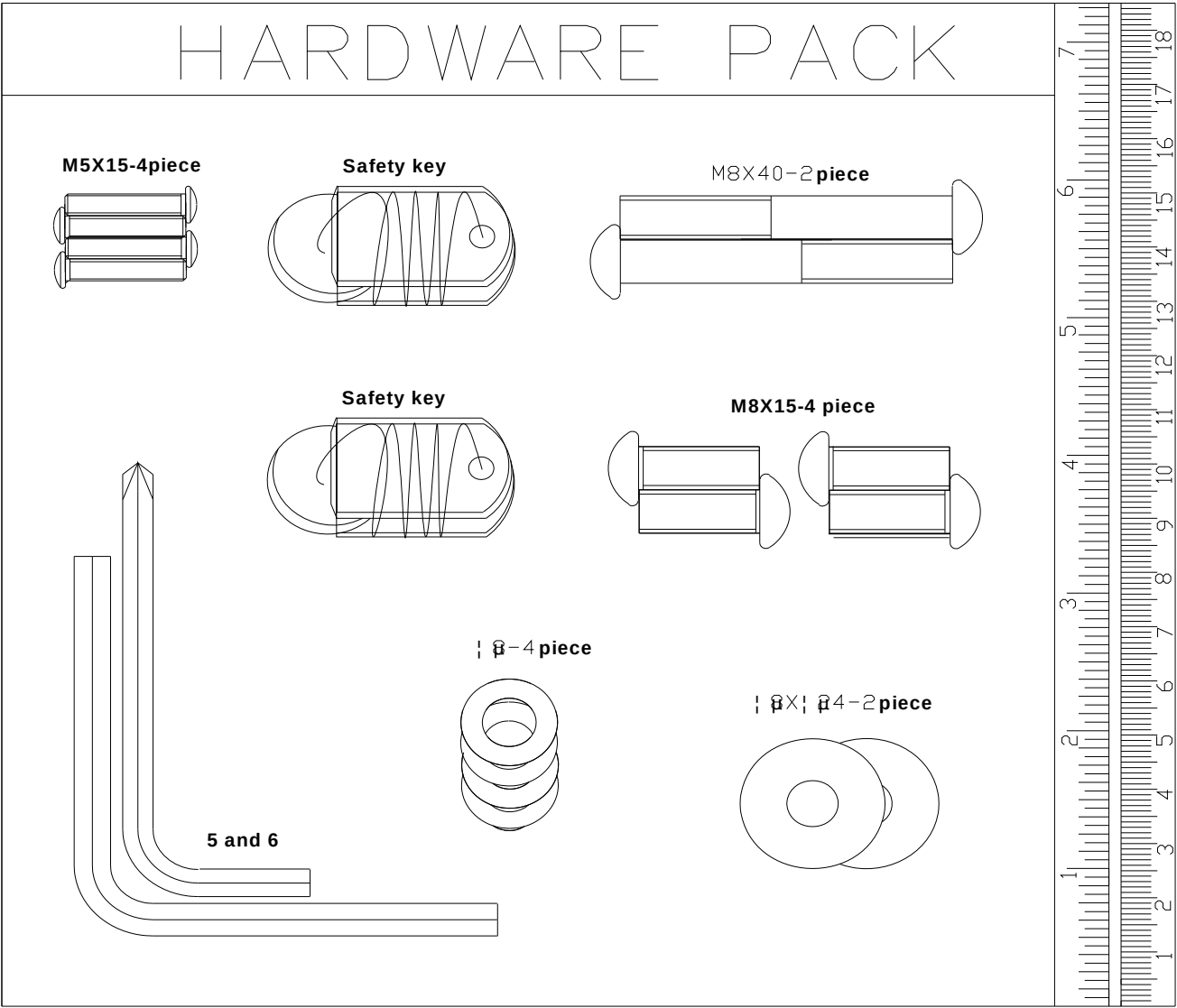


Console Mast Cover



Silicon

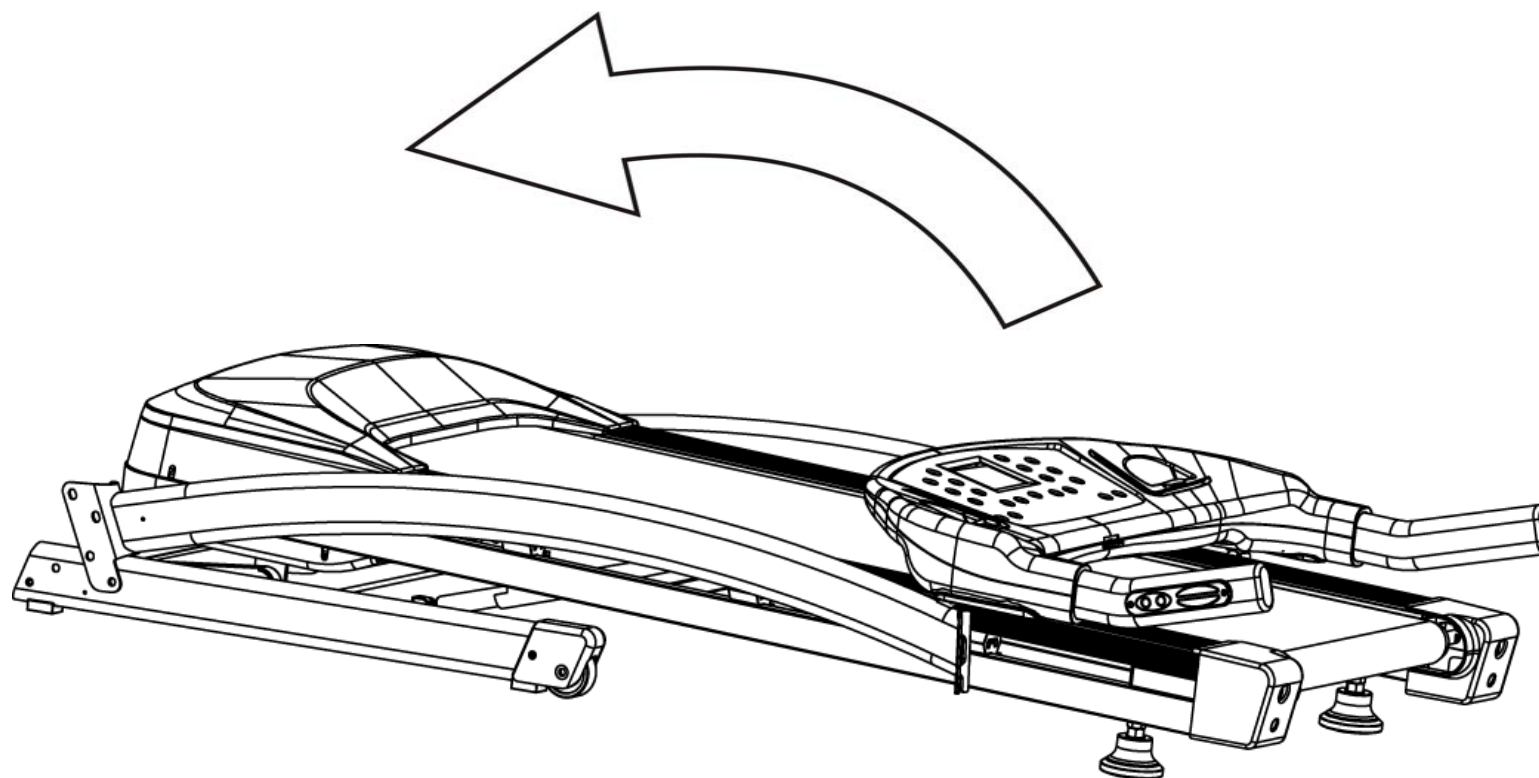
▪ **HARDWARE PACK**



▪ ASSEMBLY STEPS

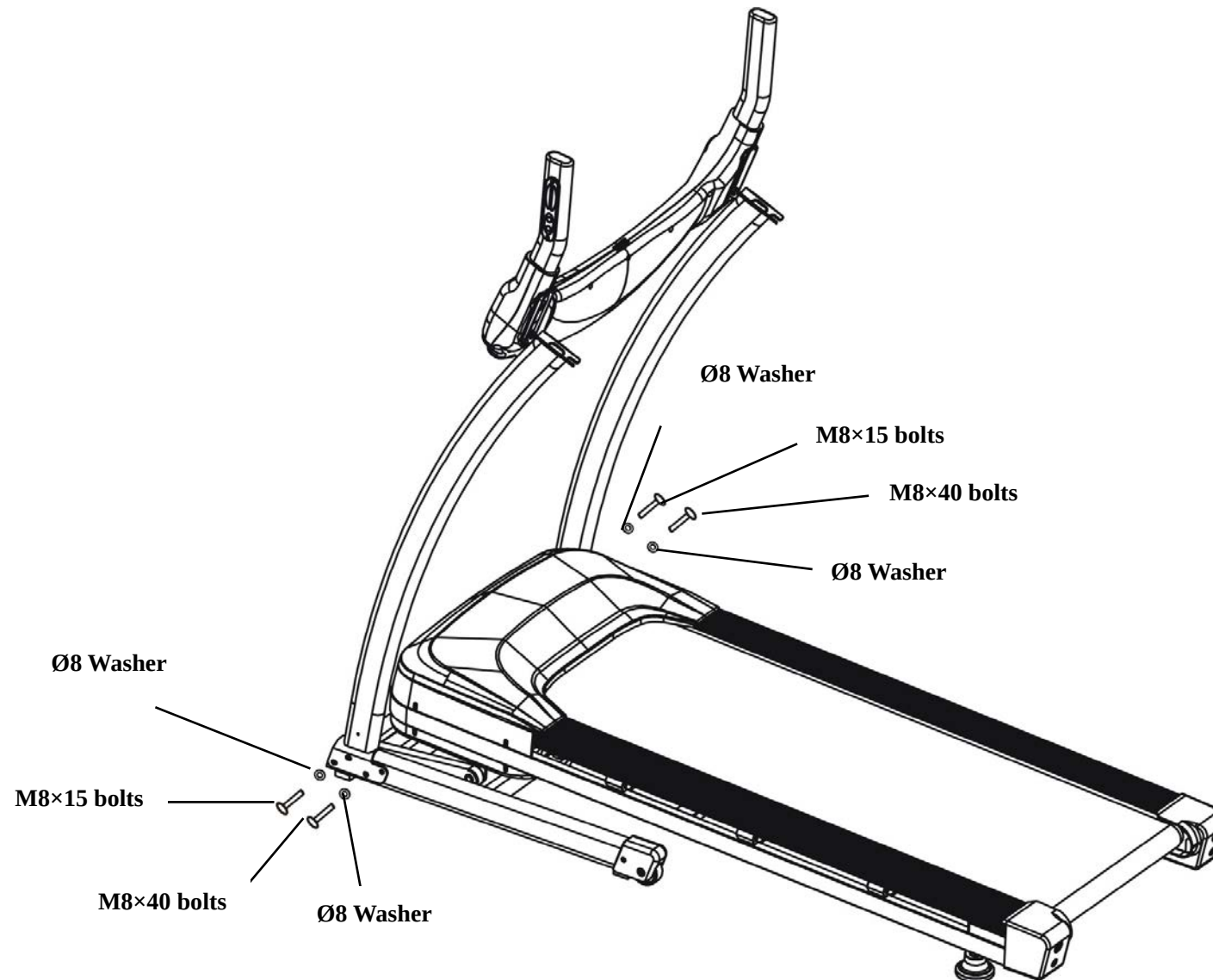
STEP 1: Put console and console mast to right position as the following introduction.

Attention: Please do not tighten the bolts. Facilitate the next step of assembly.

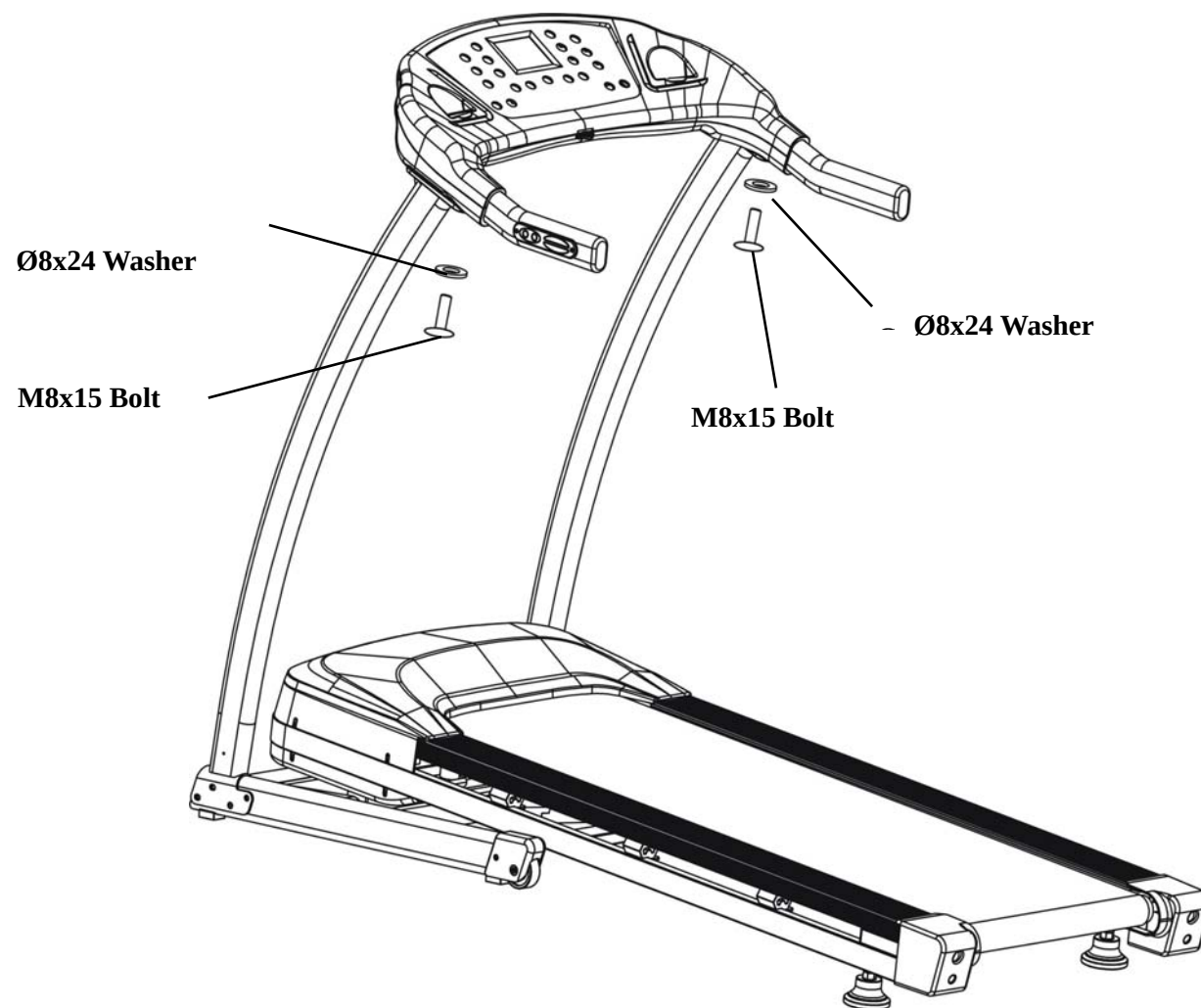


STEP 3: ATTACH THE CONSOLE

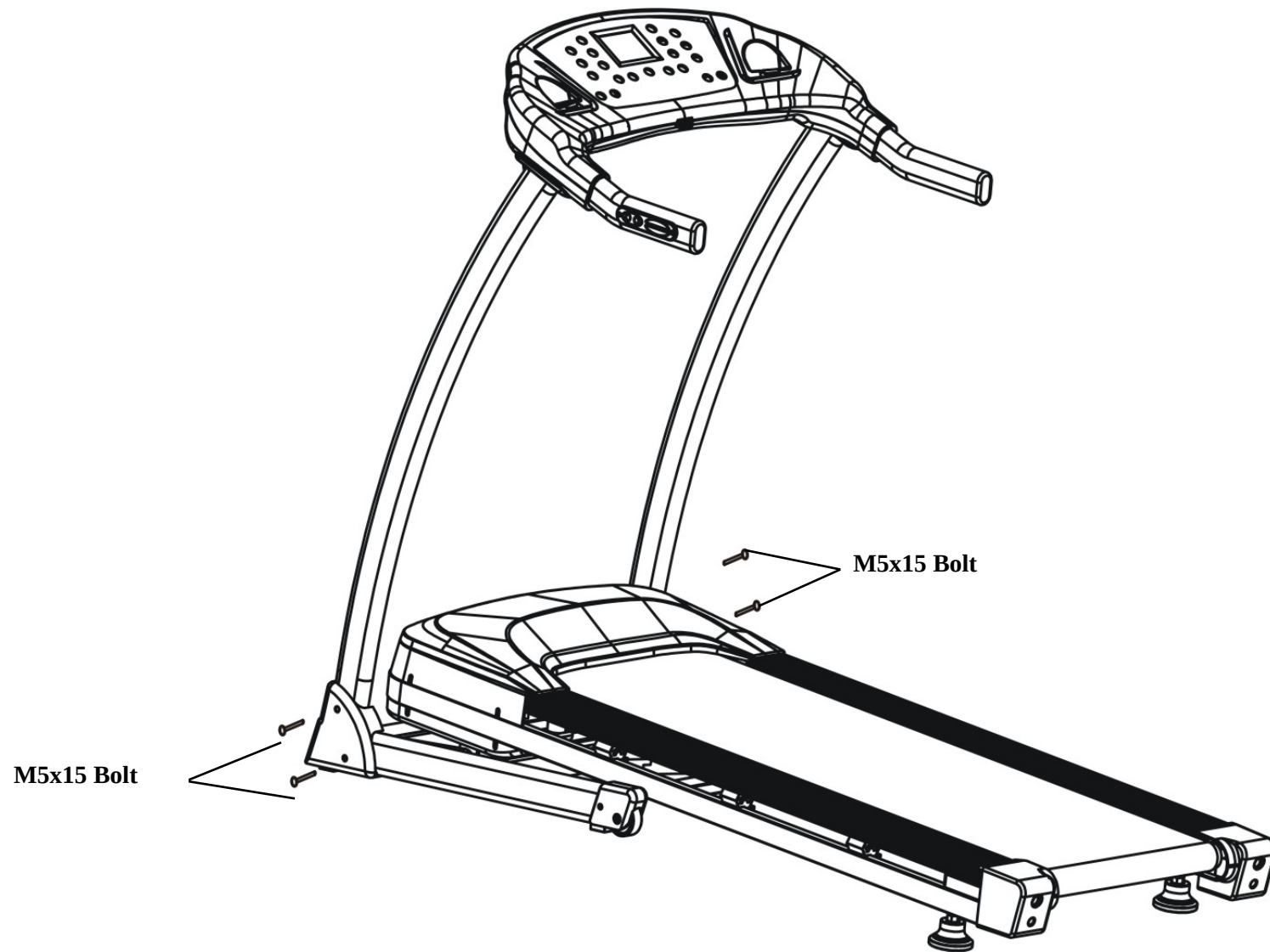
As shown, Connect the console wire and the mast wire, attached the console masts to the base frame, with $\phi 8$ washers and M8x15 and M8 x 40 bolts. Finally tighten all the bolts.



STEP 4: ATTACH CONSOLE TO THE CONSOLE MAST WITH M8 X 15 BOLTS.



STEP 5: ATTACH CONSOLE MAST COVER WITH M5 X 15 BOLTS.



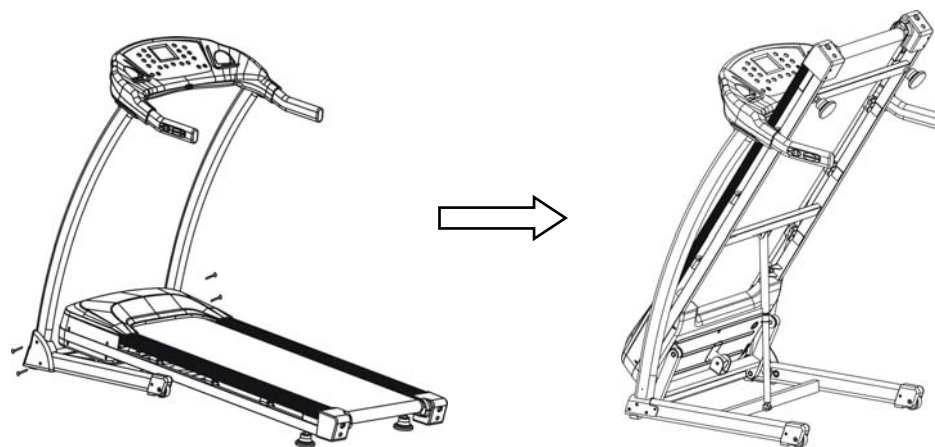
▪ FOLDING , UNFOLDING & MOVING INSTRUCTION

FOLDING THE TREADMILL

1. Turn power switch to the OFF position.
2. Raise deck using the rear roller cover until unit closes completely.

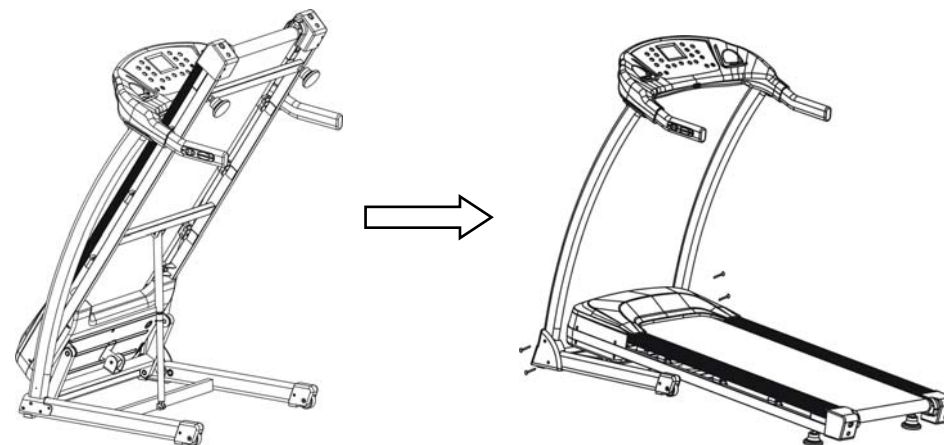
Important: You will hear a “click” sound when it has been closed completely.

Store you treadmill in a clean and dry environment.



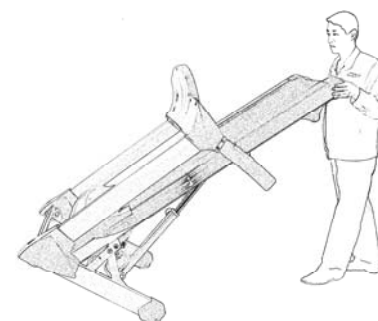
UNFOLDING THE TREADMILL

Put your right hand on the rear corner of the treadmill, using your left hand grasp the handrails, pull the safe lock, then lay down the treadmill deck.



MOVING THE TREADMILL

Be sure that the power switch is in the OFF position; the unit is unplugged and deck is in the upright position, put your left hand on the left rear corner of the treadmill, right hand on the right rear corner, ensure that you hold both sides at the same time. Now lift slightly and move to a desired location.



▪ MAINTENANCE

- **Warning:** To prevent electrical shock, be certain the treadmill is turned off and unplugged for cleaning or routine maintenance.
- **Important:** Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- **After each workout:** Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.
- **Weekly:** Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes may get into the belt and eventually make its way underneath the treadmill. Vacuum underneath the treadmill once a week if used.

▪ BELT ADJUSTMENT

You may need to adjust the running belt during the first few weeks of use. All running belts are properly set at the factory. It may stretch or be off-center after use. Stretching is normal during the break-in period.

ADJUST THE BELT TENSION

If the running belt feels as though it is “slipping” or hesitating when you plant your foot during a run, the tension on the running belt may have to be increased.

TO INCREASE THE RUNNING BELT TENSION:

- A) Place 6MM inner hexagon spanner on the left belt tension bolt located inside the rear end caps. Turn the inner hexagon spanner clockwise 1/8 turn to draw the rear roller and increase the belt tension.
- B) Repeat STEP A for the right belt tension bolt. You must be sure to turn both bolts the same number of turns, so the rear roller will stay square relative to the frame.
- C) Repeat STEP A and STEP B until the slipping is eliminated.
- D) Be careful not to tighten the running belt tension too much as you can create excessive pressure on the front and rear roller bearing that will result in bearing noise from the front and rear rollers.

TO DECREASE THE TENSION ON THE RUNNING BELT, TURN BOTH BOLTS COUNTER CLOCKWISE EVENELY.

CENTERING THE RUNNING BELT:

When you run, you may step harder with one foot than with another. The severity of the deflection depends on the amount of force that one foot exerts in the relation to the other. The belt will often return to the center of the deck if weight distribution becomes balanced or nobody is on the running belt. If the running belt remains consistently off-center, you will need to center the running belt manually.

- A) Start the treadmill without anyone on the running belt, press speed up bottom until speed reached 16km/h.
- B) Observe whether the running belt is toward the right or left side of the deck.

1. If toward the left side of the deck

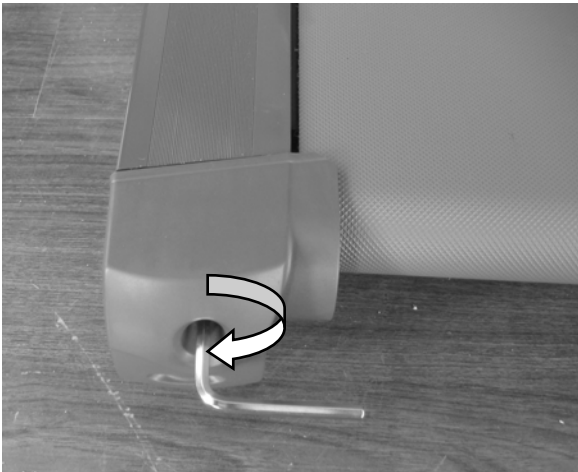
Using the inner hexagon spanner, turn the left adjustment bolt 1/8 turn in a clockwise direction and the right adjustment bolt counter clockwise 1/8.

2. If toward the right side of the deck

Using the inner hexagon spanner, turn the right adjustment bolt 1/8 turn in a clockwise direction and the left adjustment bolt counter clockwise 1/8.

3. If the belt is still not centered, repeat the above steps until the running belt is on center.

After the belt is centered, increase the speed to 16kph and verify that it is running smoothly. Repeat the above steps if necessary. If the above procedure is unsuccessful in resolving the off-center, you may need to increase the belt tension.



Turn clockwise to increase the running belt tension



Turn counter-clockwise to decrease the running belt tension

▪ TREADMILL LUBRICATION

Lubricating under the tread belt will ensure superior performance and extend its life expectancy. Lubrication is available from your place of purchase. Wipe the entire deck surface with a clean lint free cloth to remove all dust and dirt.

HOW TO CHECK RUNNING BELT FOR PROPER LUBRICATION

1. Lift one side of the tread belt and feel the top surface of the running board
2. If the surface is slick to the touch, then no further lubrication is required
3. If the surface is dry to the touch, apply one packet of lubricant or 30-40ml of lubricant.

HOW TO APPLY LUBRICANT

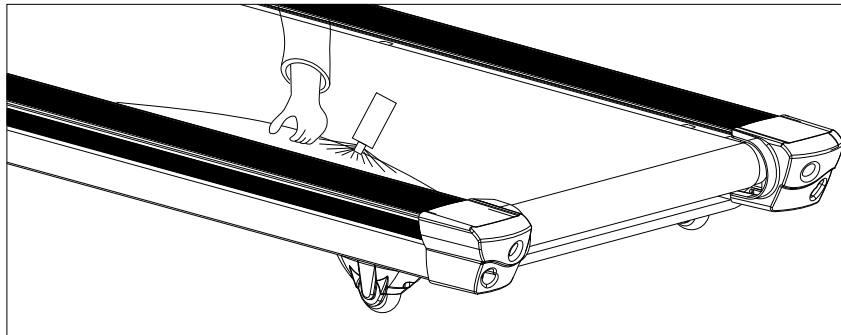
1. Lift one side of tread belt.
2. Pour 30-40ml of the lubricant bottle under the center of the tread belt on the top surface of the tread board
3. Walk on the treadmill at a slow speed for 3 to 5 minutes to evenly distribute lubricant.

NOTE: DO NOT over lubricate running board. Any excess lubricant that comes out should be wiped off.
Lubricant in a spray can is available from your place of purchase.

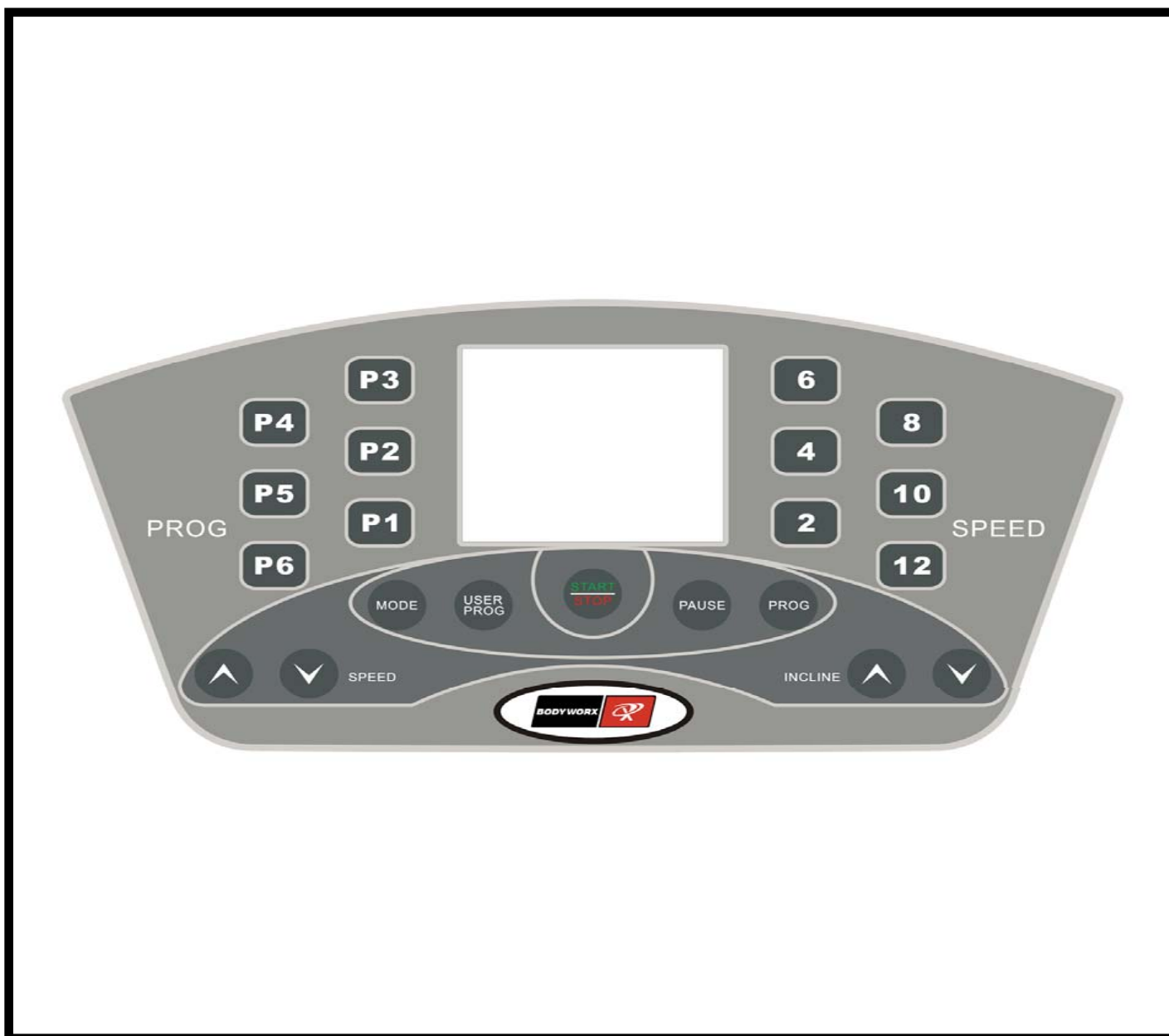
IMPORTANT: USE ONLY 30-40ml OF LUBRICANT PER APPLICATION

LUBRICATION SCHEDULE

1. After the first 25 hours of use (1-2 mouths) apply 30-40ml of lubricant
2. Every 50 hours of use (2-3 mouths) apply 30-40ml of lubricant



▪ COMPUTER INSTRUCTION



▪ GENERAL OPERATION

MANUAL MODE/QUICK START

Press the  key, the treadmill will start running at 0.8 km/h. You can set the speed by the speed setting key on the right side. Every Press of  key on the right side, the speed will increase by 0.1 km/h. Press the speed  key continuously the speed will increase rapidly to 12 km/h. Every Press of speed  key, the speed will decrease 0.1 km/h. Press the speed  key continuously and the speed will decrease rapidly down to 0.8 km/h.

INCLINE MODE :

You can set the incline grade by the **INCLINE** setting key on the left side. Every Press of incline  key on the left side, incline grade will increase by 1%. Press and hold down the incline  key and the incline grade will increase rapidly until 15%. Press the incline  key the incline will decrease by 1%. Press and hold down the incline  key, the incline will decrease rapidly. After setting the incline grade, press the  key starts the belt in motion.

PROGRAM MODE

Press the  key to select the program between P1 and P6, and the selected program will be showed on the window. Firstly press the  ,  key on the right side to set time, the total time of the program selected can be adjusted between 10 minutes and 99 minutes, then press the  key, the treadmill will start operating at the speed value and the incline grade in accordance to the Program selected. The timer will now begin to countdown

Preset program 1

level	1	2	3	4	5	6	7	8	9	10
speed	2	4	6	8	7	5	4	3	3	2
incline	0	1	2	1	2	1	2	1	2	2

Preset program 2

level	1	2	3	4	5	6	7	8	9	10
speed	2	3	4	5	6	9	10	8	6	3
incline	1	2	2	1	2	1	3	2	2	1

Preset program 3

level	1	2	3	4	5	6	7	8	9	10
speed	2	4	6	8	10	9	7	9	6	3
incline	1	2	3	4	3	2	3	2	4	2

Preset program 4

level	1	2	3	4	5	6	7	8	9	10
speed	3	5	7	9	11	12	10	8	6	4
incline	1	2	3	4	5	4	3	2	5	4

Preset program 5

level	1	2	3	4	5	6	7	8	9	10
speed	4	6	8	10	12	10	8	9	8	5
incline	2	3	3	5	5	6	3	4	5	4

Preset program 6

level	1	2	3	4	5	6	7	8	9	10
speed	4	6	8	10	12	11	9	8	6	5
incline	2	4	3	2	4	6	3	5	4	2

CUSTOMER PROGRAM

In this program user may also input the setting they preferred. Press  may get into this program.

The program is divided into 10 parts. Firstly, the distance window shows 01, means program setting come into the first part. You may set the speed and the incline of this part by the   Key of speed and incline, then press the  Key again, the second part of the whole program can be set, then repeat these steps, at last, the time window flashed with a preset total time of 99 minutes, you can change the total time by the   Key on the right side, the total time can be adjusted from 10 to 99 minutes. At the end, press the START key, the treadmill will start running according to the preset speed and incline value of each part, the treadmill will stop when the time window shows zero.

PROGRAM NOTE

If you pull the SAFETY KEY out of the panel the treadmill will stop.

SHORTCUT CONTROLS

Press speed shortcut switch in the right handlebar to adjust the speed. The speed can be set by the speed shortcut switch at 2, 4, 6, 8, 10, and 12. Press incline shortcut switch in the left handlebar to adjust the incline grade. The incline grade can be set by the incline shortcut switch at 0, 4, 6, 8, 10, and 12.

READING HEART RATE VALUE

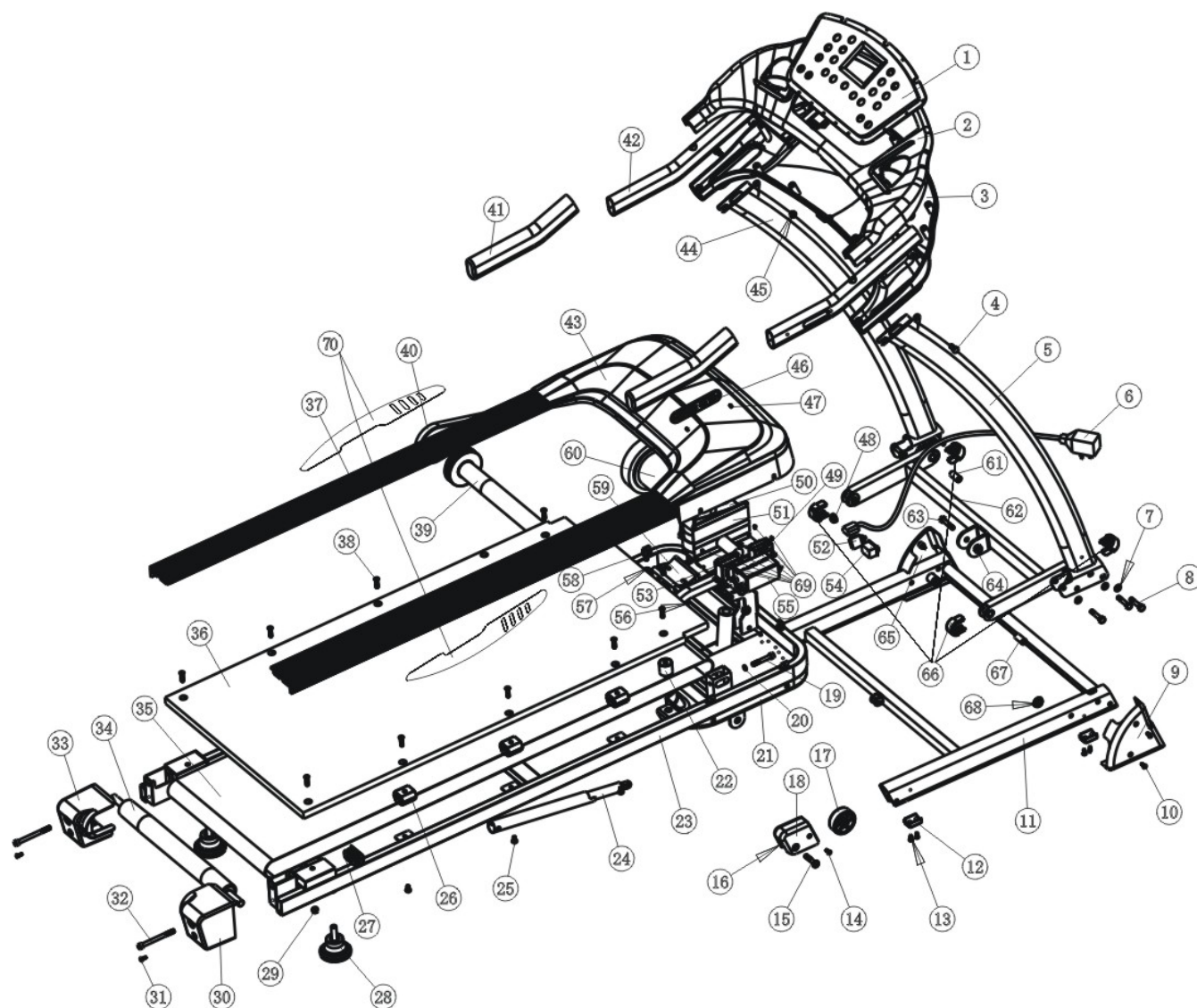
With both of your feet, stand on the two side rails with both of your hands holding the heart rate contacts for 5 to 10 seconds. Your heart rate will be indicated in the pulse window.

If you pull out the SAFETY KEY on the panel the treadmill will stop.

SHORTCUT CONTROLS

Press speed shortcut switch in the right handlebar to adjust the speed.
Press incline shortcut switch in the left handlebar to adjust the incline grade.

■ EXPLODED DRAWING

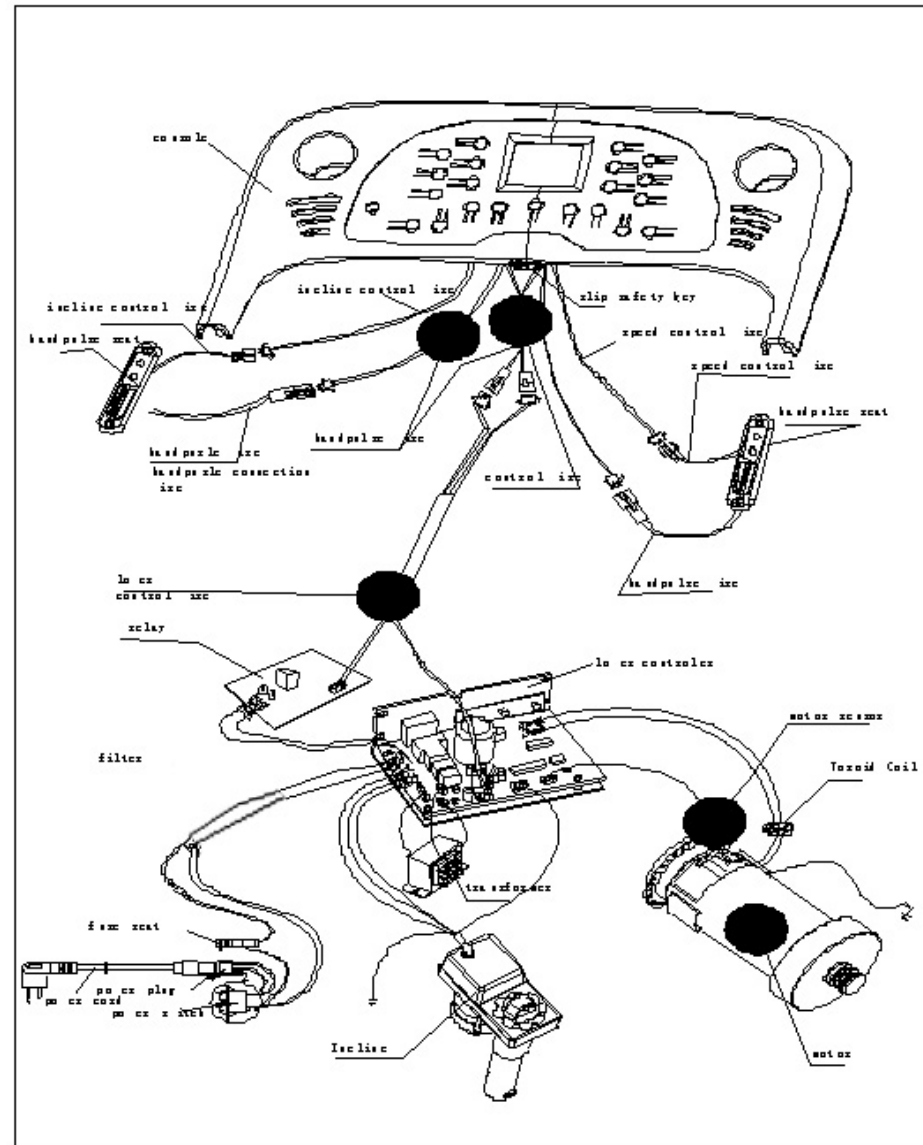


SPARE PART LIST

NO	ITEM	Q'TY	NO	ITEM	Q'TY	NO	ITEM	Q'TY
1	CONSOLE	1	24	CYLINDER	1	47	SELF-TAPING SCREW ST4.2×12	4
2	CONSOLE COVER (UPPER)	1	25	BOLT M6×12	6	48	TUBE CAP	2
3	CONSOLE COVER (UNDER)	1	26	RUBBER DUCK BUFFER SET	6	49	RELAY	1
4	M8×16	2	27	TUBE CAP 20×40×1.5	2	50	LIFTING MOTOR	1
5	RIGHT UP-RIGHT	1	28	RUBBER BUFFER CUSHION	1	51	CONTROL BOX	1
6	POWER LINE	1	29	NUT M8	2	52	CIRCLE BREAKER	1
7	WASHER φ8	2	30	RIGHT END CAP	1	53	TRANSFORMER	1
8	BOLT M8×45	6	31	SELF-TAPING SCREW ST4.2×12	2	54	POWER SWITCH	1
9	RIGHT UP-RIGHT COVER	1	32	NUT M8×90	2	55	FILTTER	1
10	SELF-TAPING SCREW ST4.2×12	4	33	LEFT END CAP	1	56	BOLT M8×12	2
11	BASE FRAME	1	34	REAR ROLLER	1	57	WASHER φ8	2
12	GROUND RUBBER PAD	4	35	RUNNING BELT	1	58	BOLT M8×16	4
13	SELF-TAPING SCREW ST4.2×12	8	36	RUNNING BOARD	1	59	MOTOR BRACKET	1

14	SELF-TAPING SCREW ST4.2×12	2	37	SIDE RAIL	2	60	MOTOR	1
15	BOLT M8×45	2	38	NUT M5×16	8	61	FIXED AXIS	2
16	NUT M8	2	39	FRONT ROLLER	1	62	BASE FRAME	1
17	WHEEL	2	40	MOTOR v .BELT	1	63	BOLT M10×50	1
18	WHEEL COVER	2	41	HANDLE BAR FOAM	2	64	NUT M10	1
19	BOLT M6×60	1	42	CONSOLE BRACKET	1	65	LEFT UP-RIGHT COVER	1
20	WASHER φ6	1	43	MOTOR COVER (upper)	1	66	TUBE CAP	2
21	MOTOR COVER (UNDER)	1	44	LEFT UP-RIGHT	1	67	LIFTING BAR FIXED AXIS	2
22	CUSHION	2	45	NUT M8	2	68	WIRE BUCKLE	1
23	MAIN FRAME	1	46	HANDLE BAR SET	2	69	BOLT M4×8	10
						70	ANTI-SLIDE PAPER (L&R)	1

- **CIRCUIT DIAGRAM**



TROUBLESHOOTING GUIDE

ERROR CODE	DESCRIPTION
Er 1	Communication trouble
Er 2	Control box trouble or Control box MOS tube trouble
Er 3	Motor sensor connection trouble OR motor sensor trouble
Er 4	Incline trouble
Er 5	Voltage trouble
Er 6	Current trouble



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